


## Strength Workout: Front Squat Fabulous

### Equipment needed:

- [Exercise mat](#)
- Squat Rack
- [Squat bar support pad \(optional\)](#)
- [Foam roller](#)

Welcome to your front squat FABULOUS workout! Personally, front squats are one of the toughest squat variations for me. They challenge me in every way - mentally and physically. But overtime I have grown to love them, they make my entire body feel amazing! This front squat fabulous strength workout works your entire body. You will need to pay close attention to form, focus, breathing, and getting the most out of every moment.

## Strength Workout: Front Squat Fabulous

Exercise	Picture
<b>Warm Up: 5-10 minutes easy walk, bike, row, or foam roll to get the blood flowing and loosen up the muscles.</b>	
<b><u>Quad Stretch Against the Wall</u></b>  Fold up a mat or towel and place it in front of a wall. Kneel down and place your right knee on the towel and your shin against the wall. Point your toes so the top of your right foot is against the wall. If this is too hard, or it hurts your knee, move the towel a few inches away from the wall.  <b>Hold for 1-2 minutes per side</b> <a href="#">Watch video demonstration.</a>	 A woman with blonde hair in a bun, wearing a pink sports bra and colorful geometric leggings, is performing a quad stretch against a white wall. She is kneeling on a black mat, with her right knee on the mat and her right shin pressed against the wall. Her right foot is also against the wall, with the heel touching the wall. She is holding her right foot with both hands. She is wearing black sneakers with pink socks. The background shows a gym setting with various exercise machines.

### **Chest opening stretch with yoga strap**

Hold the strap with each hand in front of your body. There should be about 18 inches or so between your hands (adjust width as needed to fit your body). Raise your arms overhead and then bring your arms behind you as far as you can. Let the yoga strap increase the stretch in your shoulders and chest. Pull your arms straight behind you, then arch to the right, hold for a bit, then arch to the left. Come back to center and repeat this sequence again for as many times as you want. Then let go of the strap to release.

**Perform 30-60 seconds**







### **Reverse Plank**

Sit on the ground with your legs extended in front of you and arms at your sides. Place hands on the floor next to your hips, fingers pointing towards your feet. Lift your hips as high as you can, aiming for a straight line from chin to toes.

**Hold for 30-60 seconds. Do 2-3 sets of 30-60 seconds**





### **V Sit with Chest opener reach**

Sit on your butt with your knees bent and feet flat on the floor. Lean your torso back making the shape of a V with your body. You should feel your abs working. Reach your arms forward keeping your back flat and ribs in. Twist your torso as you reach one arm to the side. Feel the opening in your chest and shoulders as you work your core. Return to center and repeat the other side.

**2-3 sets of 10-20 reps**



### **Star Plank**

Begin in a modified side plank position with your right arm straight below right shoulder and legs bent. Lift your hips off the ground as you reach your top leg up, squeezing abdominals. Keep your spine in one straight line. Press your hips forward. You should feel your butt, hips, and core. Hold for 30-60 seconds and then switch sides.

**1-2 sets of 30-60 seconds per side**





### **Core Roll-Up**

Lie faceup on mat with arms resting on floor above head. Float arms up so wrists are directly over shoulders, and begin to curl your spine up and off the floor. Come to a straight spine position and reach your arms over your head. Work your posture here! Reverse movement to lower back to mat.

**2-3 sets of 10-12 reps**



### **Warm Up Front Squat**

Instead of placing the bar on the upper back, the front squat has you place the bar across your collarbone in front of your body. Like the back squat, getting comfortable with the placement of the bar might take some time, but will become second nature if you stick with it.

How to: Setting up in the squat rack, grip the bar with hands at shoulder width and pull your chest to the bar. Drive your elbows up while placing the bar across your collarbone. Let the bar rest on your “shoulder padding” to support the weight. Once you’re set up, inhale and lower into a squat keeping your core and upper body engaged, while keeping your elbows high. Press through your heels, exhale, and return to standing to complete the exercise.

The first set gives you an idea of how the weight of the bar feels and how much you should add for your work sets. After your warm up set, load the Olympic weight plates on the side of the bar based on how much weight you feel would be challenging to complete 3-8 reps. You can start with 10lb Olympic weights on the side and build from there. 25lb Olympic weights on each side make for a good challenge!

**For your warm up of front squats with just the bar (no plates), do 1 set of 8-10 reps.**



### **Plank Row**

Start in a plank position with your legs wider than hip-width distance; the wider stance makes you more stable. Place one dumbbell in-between your arms.

With your core tight and your glutes engaged, exhale, stabilizing your torso as you pick up the dumbbell with your right hand and lift your right elbow to row; feel your right scapula sliding toward your spine as you bend your elbow up toward the ceiling. Keep your neck long and





return the weight to the ground. Switch hands and repeat the movement with your left arm.

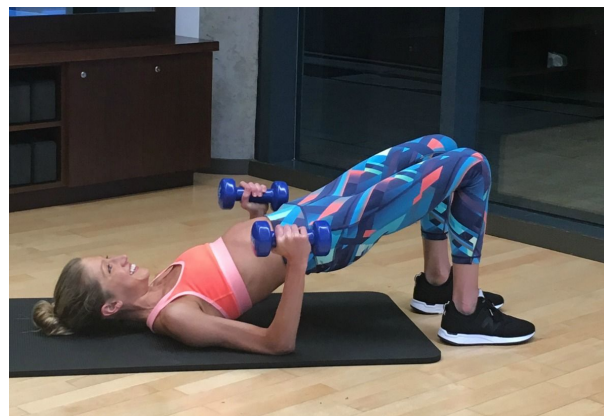
**Do 2-3 sets of 10 reps per arm.** You can try this exercise first without dumbbells, and focus on your torso staying level as you alternate your arms in the reverse row. Then choose appropriate weight for your strength level, between 5-20 pounds.



### **Bridge with Chest Press**

Lie down on your back with your feet flat on the floor. Hold a dumbbell in each hand. Lift your hips coming into a bridge position. You should feel your butt and hamstrings engage while you stretch the front of your thighs. Hold this position while performing a chest press, extending the arms straight up towards the ceiling. Perform 10-12 reps and then lower the hips back down to the ground.

**2-3 sets of 10-12 reps with challenging weight**





### **Leg drop with Overhead crunch**

Lay on your back with your legs extended straight towards the ceiling. Hold one dumbbell straight over your chest. Lower dumbbell over your ears keeping your arms straight and abs engaged. Lift dumbbell back up and crunch the weight towards the toes. For more core challenge, lower one or both legs down towards the ground when your arms extend over your head. If you feel this exercise in your lower back, bend your knees.

**2-3 sets of 10 reps**



### **Heavy Front Squat**

For your work set in this workout, you will load olympic weight plates on the side of the bar.

Perform 3-5 sets of 3-8 reps at a challenging weight taking as much rest between sets as needed. Make sure to be ultra focused on form, breathing, and engaging your mind and muscles! Keep your elbows high and core tight. Your butt LOVES you for doing these front squats!



### **Cardio Burst Finish**

Choose the rowing machine, bike or treadmill. Work easy for 90 seconds and push all out for 30 seconds. Do this for 10 minutes to finish your workout on a high note!

### **Quad Stretch Against the Wall**

Fold up a mat or towel and place it in front of a wall. Kneel down and place your right knee on the towel and your shin against the wall. Point your toes so the top of your right foot is against the wall. If this is too hard, or it hurts your knee, move the towel a few inches away from the wall.

**Hold for 1-2 minutes per side.**

[Watch video demonstration.](#)



**Foam roll hips, IT bands, upper back, lower back, and lats.**